



The Performance Paleo Cookbook: Recipes for Training Harder, Getting Stronger and Gaining the Competitive Edge

Stephanie Gaudreau

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DELICIOUS, NUTRIENT-PACKED MEALS TO FUEL A BETTER PERFORMANCE

You train hard to perform well; your food should fuel the process and taste good, too. *The Performance Paleo Cookbook* gives you all the information and recipes you need to prepare delicious food that will help you get stronger today.

When you train, your body needs the right combination of nutrients-whether it's to support your workout or to aid in recovery. Following a Paleo-based diet with smart modifications for training is the best way to maximize your workout so that you can get stronger and raise your performance.

In this book you will get meal strategies based on your workout, meal combinations that pack a nutrient punch and recipes that will nourish you throughout your day-from pre-workout snacks to post-workout fuel and dozens of other carb-dense, nutrient-boosting meals to keep you at your best. And with 100 delicious recipes like Mocha-Rubbed Slow Cooker Pot Roast, Honey Garlic Lemon Chicken Wings, Baked Cinnamon Carrots, Savory Salt & Vinegar Coconut Chips and Banana Fudgesicles, who says healthy food has to taste bad? No matter how you choose to test the limits of your body, *The Performance Paleo Cookbook* has got your back with tasty, energizing food to help you train harder, recover faster and perform better.

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Suzanne Ferris:

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Clark Abeyta:

The reason why? Because this The Performance Paleo Cookbook: Recipes for Training Harder, Getting Stronger and Gaining the Competitive Edge is an unordinary book that the inside of the book waiting for you to snap it but latter it will jolt you with the secret that inside. Reading this book next to it was fantastic author who else write the book in such amazing way makes the content inside easier to understand, entertaining approach but still convey the meaning totally. So , it is good for you for not hesitating having this nowadays or you going to regret it. This book will give you a lot of rewards than the other book possess such as help improving your proficiency and your critical thinking method. So , still want to hesitate having that book? If I had been you I will go to the publication store hurriedly.

Preston Garza:

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